

Editor's Desk



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ARE WE PREPARED FOR THE SILVER TSUNAMI ?

We can as part of medical profession be acknowledging and proud of our achievements over the years in the growth and development of medical science in various sections of our activities. Comprised in these achievements are organ transplants, Joint replacement, Cardiac surgery and improved management of both infectious diseases and other chronic conditions. This has seen the increased and improved longevity of lives of many people worldwide. Also through introduction of varied government policies we have seen the accelerated growth of medical and social care and financial situations of the general public. Globally we are seeing the monumental increase in the living old age population. We can only predict the unlimited explosion of senior citizens to extend over the years. Golden-agers are rich in experience and awash with wisdom, not only in their own field of professional activities during their working lives but also have gained immense general life and living experience, as we know years know more than books. If you wish good advice and counsel consult an old person. An old person's sayings are seldom untrue. Up to recent times we have observed as part of joint family system older generation being respected member occupying higher status in the household. Gone are those days when the nuclear family system has replaced the existing system marginalising the senior citizens. Also the younger generation emigration to overseas or internal movements have accentuated the situation of elder care.

Stacked against these welcoming features of older generation are the not so positive facts like old age inviting various illnesses. Elder age groups are a treasure trove of various physical and mental illnesses and is a hospital that takes in many diseases. Caring them either in the community or care homes and old people's homes is a Himalayan task. As age advances elderly are prone to developing hearing, visual, mobility and emotional problems. Depression and Dementia is rife in geriatric population, not to mention about chronic diseases like Hypertension, Diabetes, Cardiac disease and malignant disorders. So what will be the impact of increasing aging population on our society and how do we tackle the various issues flowing from this scenario. Forward thinking and pre planned strategy developments are essential in minimising the impact, rather than waiting for its arrival and dealing with it as disaster management at times of crisis. Our thoughts should focus on increasing the numbers of trained physicians in care of the elderly along with large number of nurses, physiotherapists and occupational therapists, care home assistants and nutritionists. Care homes development in strategic locations should be included in the planning agenda. Volunteers recruitment both by Governmental and non governmental organisations can help soften the impact of financial situations.



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This all requires government allocating sufficient funds to tackle this anticipatorily. Similar to introduction of salt tax, sugar tax, tobacco tax and alcohol tax to achieve minimisation of impact on diabetes, Hypertension, cardiac illnesses and cancer, social care tax can support this requirement. Volunteers can befriend the elders in the community and can help with shopping, cleaning and provision of wherewithal. They can buddy up the system particularly towards lone and frail and physically handicapped. As a spin off, the experienced, wisdom rich elderly population can volunteer to attend educational institutions to part and share their life experiences towards nurturing a better society. An elderly person at home is like a living golden treasure and experience is the mother of wisdom. We do not allow it to wither and go wasted. Institutions can also consider extending their utilisation of their work experience on a voluntary or other basis.

Please promote vaccination. So let us all raise the awareness of raising elderly population in the future and contribute towards the futuristic thinking of tackling this potential development.

Old is Gold

OLD AGE NEEDS SO
LITTLE BUT NEEDS
THAT LITTLE SO MUCH

-Margaret Willour

Best wishes

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